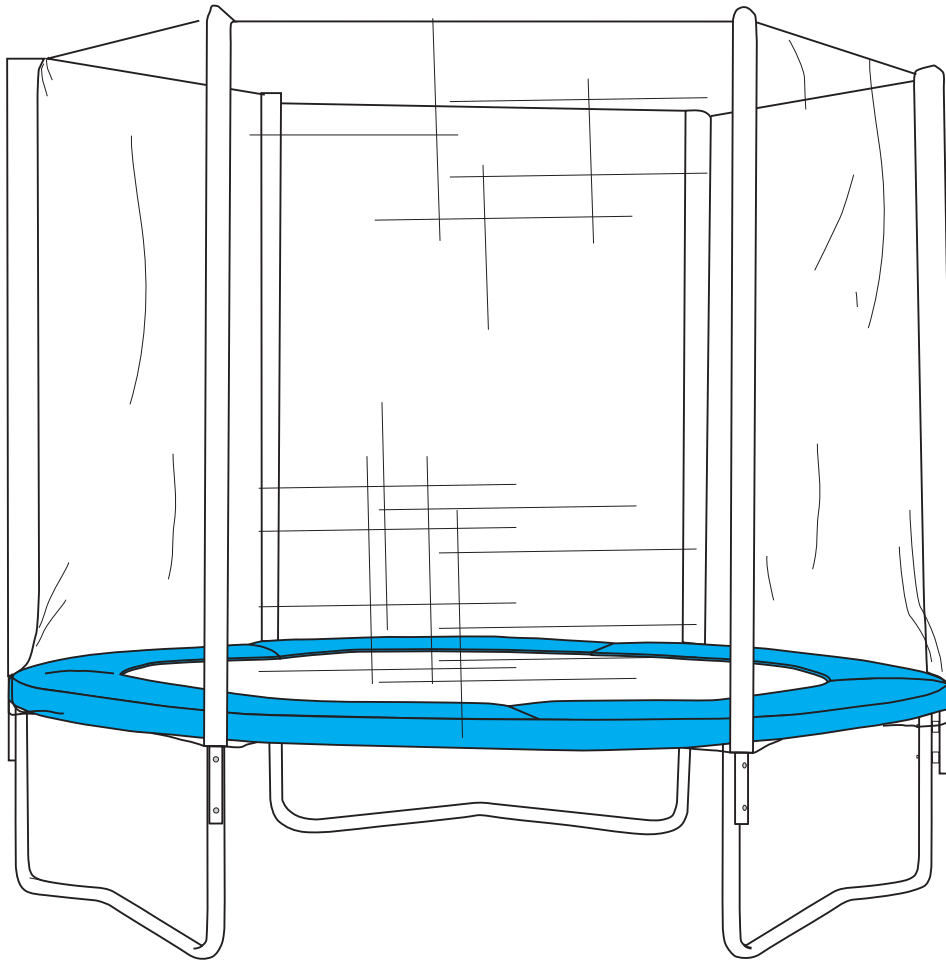


55" TRAMPOLINE WITH ENCLOSURE

Assembly Instructions



FOR OUTDOOR FAMILY DOMESTIC USE
Please keep for future reference



AGE: 3-6YRS

MAX USER WEIGHT:40kg

INTRODUCTION - WARNINGS

It is important that you read this manual fully before attempting to assemble or use the trampoline.

TRAMPOLINE SAFETY

Trampoline can be a dangerous activity and misuse can increase the risk of injury.

SAFETY ISSUES

The key safety issues are as follows:

- Approximately 75% of injuries occur when more than one person is on the trampoline. The person weighing less is 5 times more likely to be injured.
- Children under 6 years old are more vulnerable to injury.
- Injuries can occur to all parts of the body. Head and neck injuries are the most serious injuries associated with trampolines.
- Supervision is no guarantee of safety. Accidents can still happen. However, an informed supervisor can greatly reduce this risk.
- The use of ladders can lead to unsupervised access by small children. Always remove when not in use.
- It is important to keep children and pets away from the base of the trampoline at all times.
- Never bounce to dismount.

To enjoy safe trampoline follow the few simple rules below.

POSITIONING

- Choose a clear area away from hazards such as trees, fences, washing lines etc.
- Allow a safety perimeter of 2.5m around the trampoline and keep this perimeter clear.
- Make sure the area is level.
- Place the trampoline on soft, energy absorbing ground such as grass or bark. Consider purchasing cushioning mats such as the 'Protekta Mat' shown in booklet, particularly for the entrance and exit points.
- Never place the trampoline on a hard surface such as concrete or hard packed mud.

BEFORE USING THE TRAMPOLINE

- Consider the use of an Enclosure to reduce the risk of the novice
- Inspect the trampoline before use to ensure the frame is stable, legs are securely in place, there are no holes in the mat and that the pads are correctly positioned over the frame and springs.
- Remove shoes any jewellery or sharp objects.
- Ensure that no children or animals are underneath the trampoline.
- Advise users of the Rules of Using the Trampoline.

RULES OF USING THE TRAMPOLINE

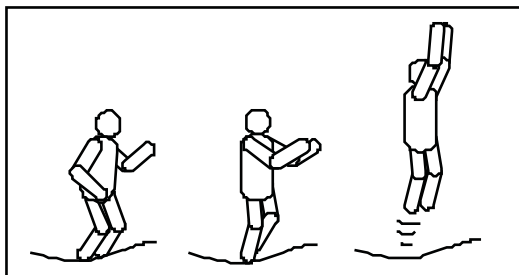
- Never allow more than 1 person on the trampoline at once.
- Follow age recommendation.
- Always supervise children.
- Do not perform somersaults of any type.
- Never bounce to dismount.

USER GUIDE

- Familiarise with feel of the bounce of the trampoline.
- Master the 'brake bounce' technique by sharply flexing knees before contact with mat. Use whenever balance or control is lost.
- Always start and finish bounce on the centre of mat indicated by printed logo.
- Look forward while bouncing.
- Do not bounce for extended periods of time; fatigue can increase the risk of injury.
- Dismount from the trampoline in a controlled manner.
- Max user weight should not be exceeded.

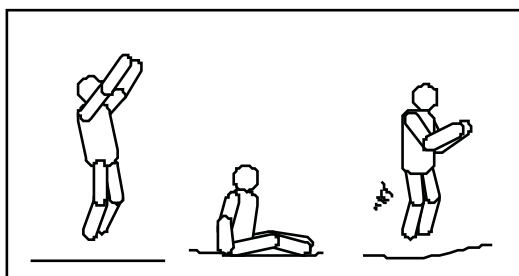
BASIC BOUNCES

Master each bounce before moving to the next.



THE BASIC BOUNCE

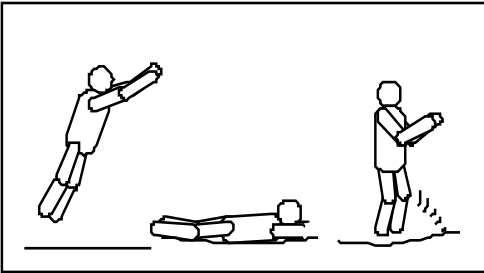
1. Start from standing position, feet shoulder width apart and with head up and eyes on mat.
2. Swing arms forward and up and around in a circular motion.
3. Bring feet together while in mid-air and point toes downward.
4. Keep feet shoulder width apart when landing on mat.



SEAT BOUNCE

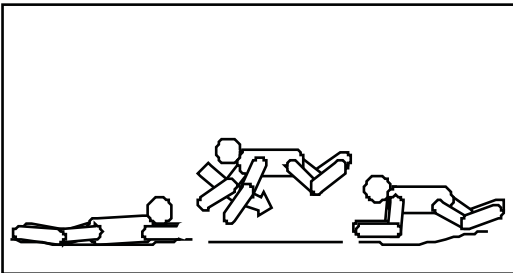
1. Land in a flat sitting position.
2. Place hands on mat beside hips.
3. Return to erect position by pushing with hands.

FRONT BOUNCE



1. Start with a low bounce.
2. Land in prone (face down) position and keep hands and arms extended forward on mat.
3. Push off the mat with arms to return to standing position.

180 DEGREE BOUNCE



1. Start with front bounce position.
2. Push off with left or right hands and arms (depending on which way you wish to turn).
3. Maintain head and shoulders in the same direction and keep back parallel to mat and head up.
4. Land in prone position and return to standing position by pushing up with hands and arms.

Advanced techniques such as somersaulting must not be practised on this trampoline. To further develop skills a certified trampoline instructor should be contacted.

ASSEMBLY INSTRUCTIONS

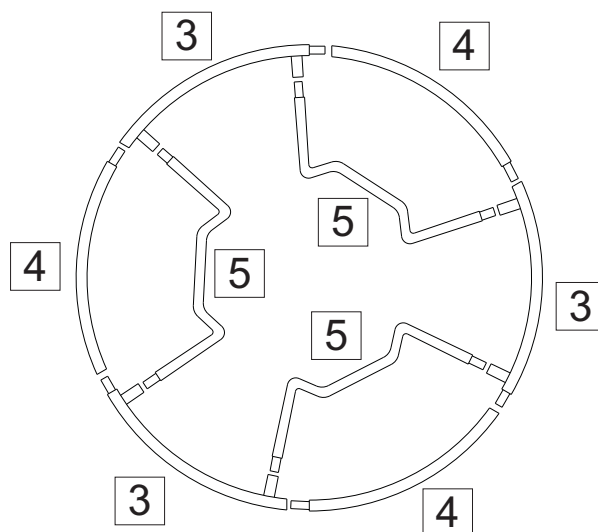
PARTS LIST

Part Ref.	Part Description	Qty
1	Mat	1
2	Pad	1
3	Rail With Socket	3
4	Rail Plain	3
5	Leg Base	3
6	Springs	30
7	Spring Loading Tool	1
8	Instruction Manual	1

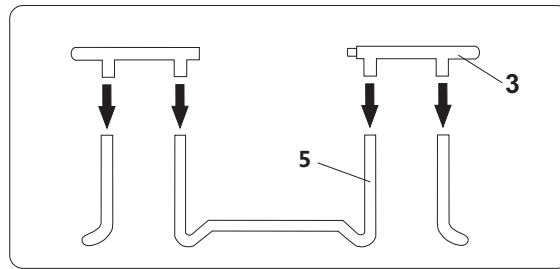
IT IS RECOMMENDED THAT GLOVES BE WORN DURING ASSEMBLY.

STEP 1 - Frame Layout 2 PERSON ASSEMBLY.

Lay parts out as shown in diagram below. Refer to parts list for Parts Refs.

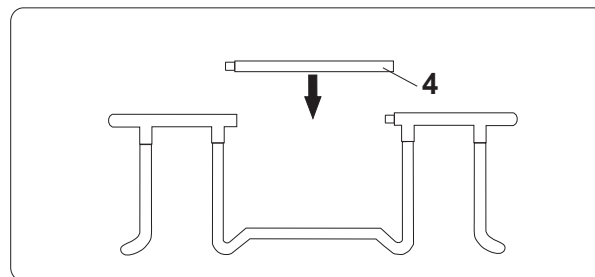


STEP 2 - Top Rail Assembly (2 people required for assembly)



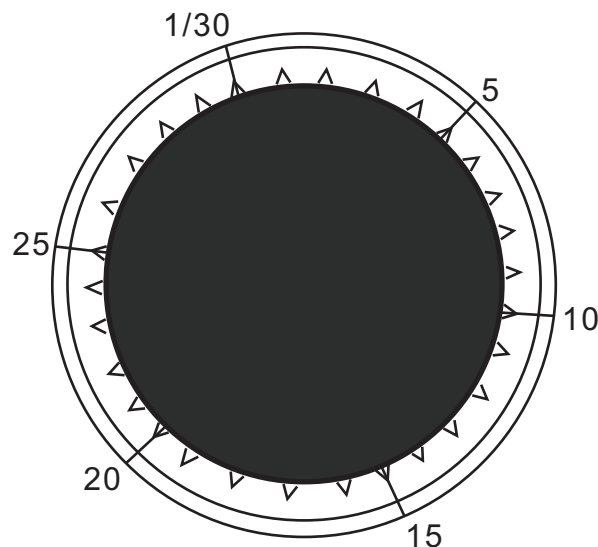
Person 1 – stand legs in vertical position

Person 2 – Insert rail with socket (3) into leg base (5) as diagram above. Repeat for all other leg sections - NOTE Ensure legs are correct orientation to locate button pins.



Insert Rail Plain (4) into gaps. See diag 3. Frame is now complete.

STEP 3 - Trampoline Mat Assembly



Lay out the Jumping mat (1) inside the frame, Ensure that the warning label on the mat is facing upwards.

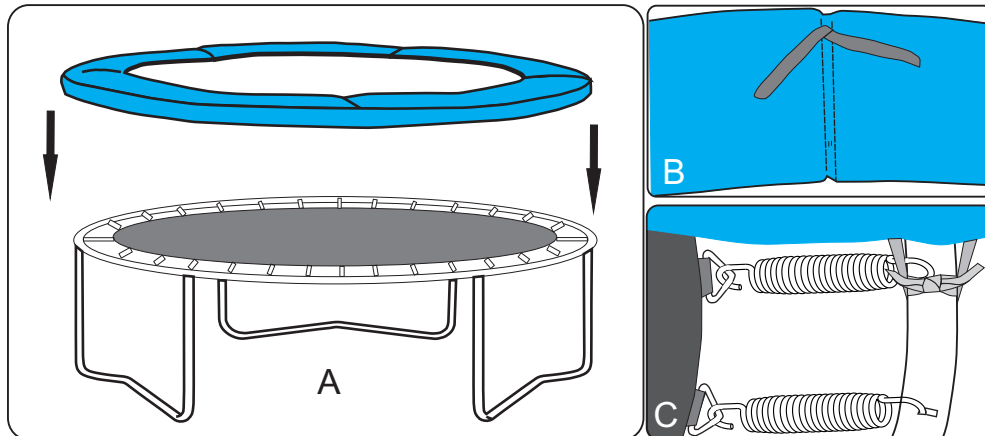
Hook 1 spring (6) on to any D-ring on the jumping mat and locate on to frame (position 1/30). Locate the next 5 springs following the numbered sequence as per the diagram above. Attach remaining springs equally around the frame.

TIP: Use the spring tool provided by hooking a spring on to the D-Ring on the jumping mat and pulling the spring towards the main frame to locate.

STEP 4 - Frame Pad Assembly

A. Lay the Frame Pad (2) over the trampoline so that the springs and the steel frame are covered. Please ensure that the Frame Pad covers all metal parts.

B. Ensure the elastic ties are fastened around the main frame. See sketch underneath.



CARE AND MAINTENANCE

This trampoline was designed and manufactured with quality materials and craftsmanship. If proper care and maintenance is provided, it will provide users with years of exercise, fun and enjoyment.

Follow the guidelines below:

Inspect regularly for:

- Holes and tears in mat
- Sagging mat
- Loose stitching or deterioration to mat
- Bent or broken frame parts
- Broken, damaged or missing springs
- Sharp protrusions of any kind on frame, spring or mat.

Should any of the above be evident do not use and contact the Helpline 0844 880 5302 for replacement parts or advice.

Windy Conditions:

It is important that you secure your trampoline during windy conditions. Move trampoline to sheltered area, secure frame by the rim with tie down kit available from Plum Products or, in extreme conditions, disassemble. No responsibility can be taken by Plum Products Ltd for damage caused to owners' or 3rd party property. This does not affect your statutory rights.

MOVING THE TRAMPOLINE

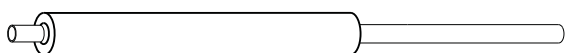
Care should be taken when moving the trampoline. It should be lifted by at least 2 people. Before re-using the legs must be securely re-located to the connectors. Do not drag the trampoline

ASSEMBLY INSTRUCTIONS FOR TRAMPOLINE ENCLOSURE

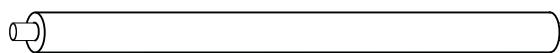
1. PACK CONTENTS :

FIG.	PARTS NAME	6' (3Legs)
1	LOWER STEEL TUBE	6PCS
2	UPPER (PADDED) STEEL TUBE	6PCS
3	SPACER	12PCS
4	SCREW SET	12SET
5	ENCLOSURE NET	1PC
6	HEX KEY	1PC
7	SPANNER	1PC

2. DIAGRAMS FOR PARTS:

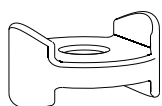


1. LOWER STEEL TUBE

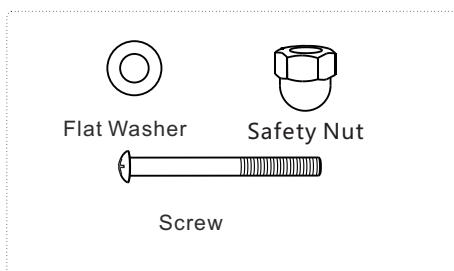


2. UPPER (PADDED) STEEL TUBE

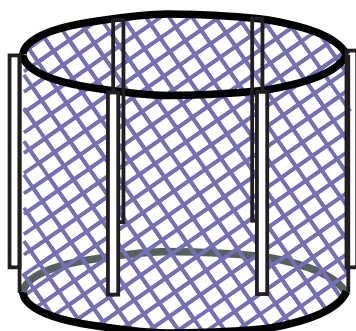
(these tubes have a padded sleeve for protection of user in case of impact in use – please do not remove!)



3.SPACER



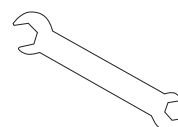
4.SCREW SET



5.ENCLOSURE NET



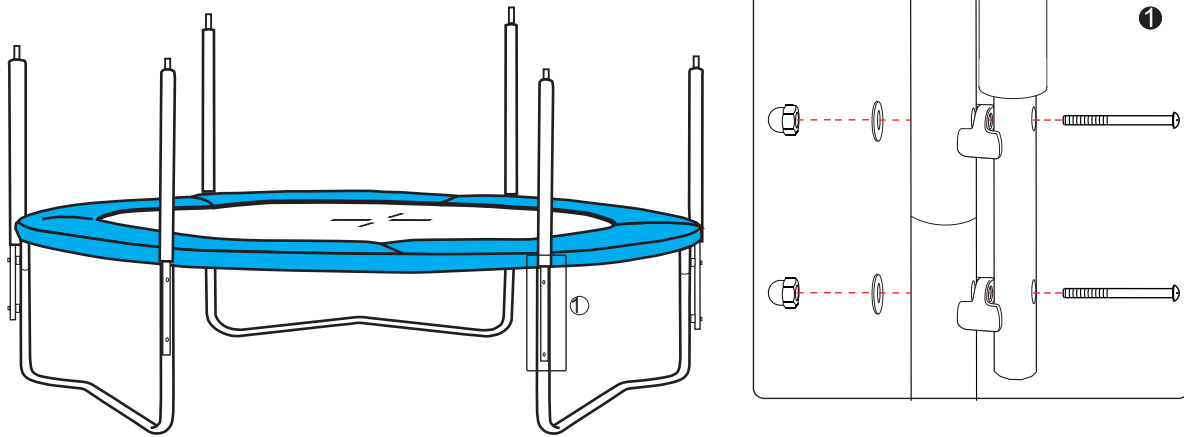
6.HEX KEY



7.SPANNER

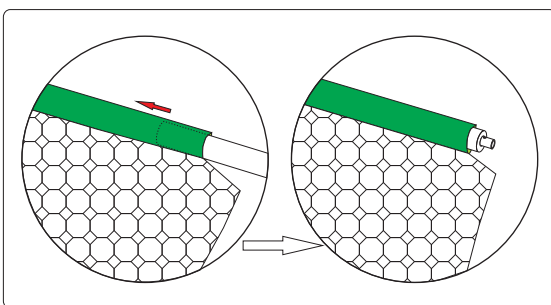
3. ASSEMBLY:

Step 1:



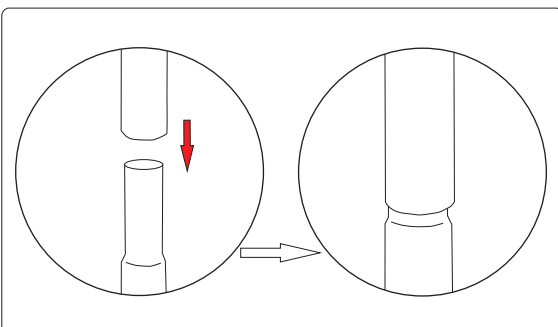
Using Spacer, Screw, Flat Washer and safety Nut assemble the lower steel tubes to the trampoline legs as shown in figure 1. Tip: Do not fully tighten each section until both screw assemblies are complete.

Step 2:



Insert the Upper Steel Tubes (2) into the sleeves of the enclosure net (5) as shown

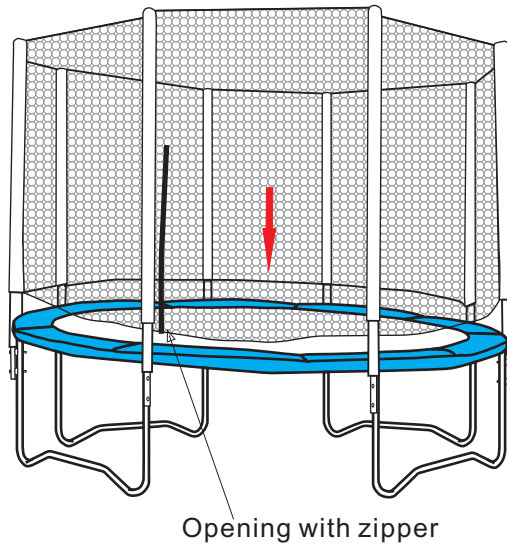
Note: Ensure end of steel tube is visible as shown.



Locate Upper Steel Tube (2) over Lower Steel Tube (1).

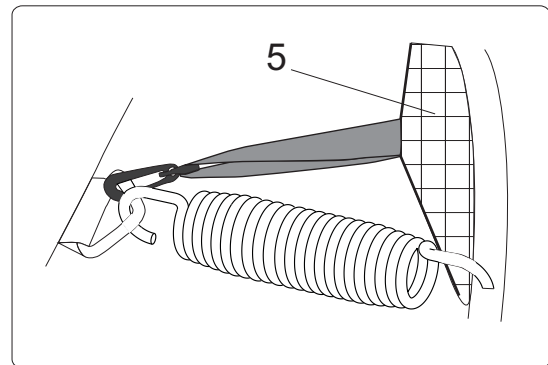
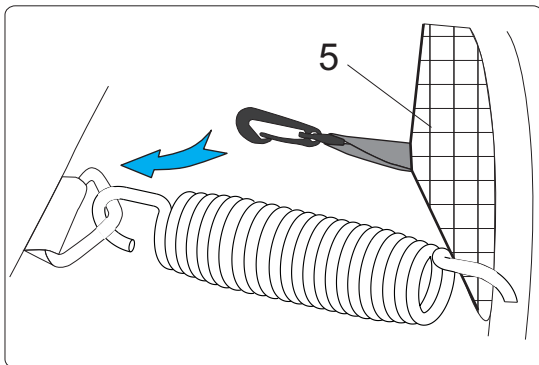
Repeat for all poles.

Step 3:



Working around the trampoline gradually ease the enclosure net(5) to the level of the trampoline pad.

Step 4:



Lastly, take each elasticated strap (along the bottom edge of the net), pass wrap around the trampoline frame fasten using the hook/ring. Fix the hook into ring in order

⚠ IMPORTANT WARNING

Finally, ensure all bolts and retaining fixing are tight and correctly located prior to using the Trampoline and Enclosure.